



Women Working Out Group Fitness Training

Mondays

6th February—2nd April
(excluding public holiday on
5th March)

Time: 11:00-12:00pm

Cost: \$35 for the term

Where: Richard Rushton Hall
24 Baron Way, Gosnells

Thursdays

9th February—5th April

Time: 9am - 10am

Cost: \$35 for the term

Where: Maddington Community
Centre Cnr Alcock and
Yule Street, Maddington

Bookings essential 9490 2258.

*** Please ensure you wear
appropriate clothing and footwear**



Gosnells Women's Health Service
Suite 7, Level 1
Gosnells Community
Lotteries House
(entrance is opposite
Australia Post entrance)
2232c Albany Highway
(entrance off Dorothy St)
GOSNELLS WA 6110

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GOSNELLS WA 6990

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For many families joining a gym is not affordable. This group is designed to get you moving and tone your body without the need of a gym membership. The workouts and exercise techniques will help you achieve your weight loss or fitness goals. Suitable for all levels of fitness.

Have Fun, meet other ladies and get active!

